

Sanatorium cooking is not home cooking. It cannot be planned to satisfy the appetite of each one of 600 patients. Realize this if you find the style of cooking is different from that at home. And realize, too, that it is the nourishment it contains and not the style of its cooking that helps you to win your battle against tuberculosis.

Apart from whether or not you like the food, you may find that many unrelated things interfere with your appetite. Especially is this true of worry. For this reason, you must learn to eat for health's sake. You cannot afford to humor either your moods or your appetite. You must learn to eat what is served on your tray.

OR ELSE!

In addition to encouraging good behavior, the Sanatorium must actively discourage bad behavior. Here is a group of regulations that absolutely must be enforced:

1. Smoking: Smoking increases cough, interferes with appetite and may hurt one's general condition. Though smoking is usually not serious for a healthy person, it is oftentimes the "stone around the neck" that delays, or even prevents, recovery from tuberculosis. Accordingly, the sanatorium forbids smoking. If you insist on breaking this important rule for getting well, you will be: (a) Warned by the physician on the ward; (b) If the offense is repeated, you will be called to the Medical Director's office and reprimanded; (c) On a third offense, you will be given a disciplinary discharge at once by the ward physician.

2. Drinking: Drinking cannot be tolerated and will be punishable by disciplinary discharge on the first offense. Leniency will be shown only in those cases where the patient will assist in bringing criminal action against the bootlegger.

3. Courtesy: Failure to observe rules of courtesy after proper warning will lead to disciplinary discharge.

4. Protection of Others: You are required to cover the mouth when coughing and to dispose of sputum properly. Repeated failure to do this will result in a disciplinary discharge.

Whenever anyone is administering bedside care—such as fixing your bed, bathing you, etc., you must hold a tissue over your mouth. The technique for using and disposing of tissues will be explained by your nurse.

Whenever you leave the ward, be sure you are masked, supplied with tissues and, if you are raising sputum, have your sputum cup.

5. Visitors: Your visitors must obey the sanatorium rules and follow the instructions from the nurses. If they fail to conduct themselves properly, their visiting privileges will be removed. Do not go to the window to talk with your visitors. Children may be seen occasionally by arrangement with your doctor; however, this is not encouraged because such visits are often unsatisfactory for both parent and child. Parent must wear mask and gown when visiting child.

You must realize that a tuberculosis hospital is not a safe place for your child to visit since there is danger of exposure in spite of all precautions.